



Stanford Jujitsu Club

Nage (*throwing*) Charts

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By chart

Aiki Jujitsu

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Japanese glossary

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Video

Zen Budokai

Links

Osoto Gari		
No.	Attack	Defense
1.	Front choke	Osoto gari
2.	Bent lapel	Osoto gari
3.	Right blow, block	Osoto gari
4.	Front hug (free)	Osoto gari
5.	Rear hug (free)	Osoto gari
6.	Right & left	Osoto gari
7.	Front hug (pinned)	Osoto gari
8.	Rear hug (pinned)	Osoto gari
9.	Rear strangle	Osoto gari
10.	Full nelson	Osoto gari
11.	Attempted side headlock	Parry, osoto gari
12.	Front choke (pushing)	Parry, osoto gari
13.	Front headlock	Block, pivot, osoto gari
14.	Right & left	Block, mae geri, osoto gari
15.	Straight right	Parry, mawashi geri, osoto gari

Nage		
No.	Attack	Defense
1.	Front choke	Bodyslam
2.	Club blow, age uke	Bodyslam
3.	Rear hug (free)	Sukui nage
4.	Full nelson	Sukui nage
5.	Front choke, parry	Kosoto gari
6.	Attempted side headlock	Kosoto gari
7.	Straight lapel	Arm chop--neck shuto--groin haitto--bodyslam
8.	Right & left	Ogoshi
9.	Double lapel	Headlock throw
10.	Right & left	Inside lift
11.	Side headlock	Side thunderbolt 🎬

12.	Boxer's left	Tani otoshi
13.	Straight lapel	Kane sute 
14.	Right & left	Ouchi gari
15.	Right & left	Kouchi gari
16.	Front choke	Tsurikomi goshi
17.	Front choke	Front thunderbolt
18.	Right & left	Sashi ashi
19.	Rear hug (pinned)	Ippon seoi
20.	Full nelson	Maki komi
21.	Rear strangle	Uki otoshi
22.	Boxer's left	Tackle ouchi
23.	Right & left	Lightning throw
24.	Right & left	Maki geashi
25.	Side headlock	Yoko guruma
26.	Right & left	Lapel guruma
27.	Front choke, parry	Wrist guruma
28.	Right & left	Uki otoshi
29.	Front choke	Tomoe nage
30.	Full nelson	Maki komi harai

Gyaku		
No.	Attack	Defense
1.	Front choke	Osoto gari--winglock
2.	Side headlock	Tani otoshi--choke & armbar
3.	Right & left	Inside lift--legbar
4.	Full nelson	Sukui nage--hantai gatame
5.	Double lapel	Headlock throw--shoulder dislocater 
6.	Rear hug (pinned)	Ippon seoi nage--juji gatame 
7.	Front choke	Tsurikomi goshi--dragon choke
8.	Att side headlock	Kosoto gari--rear kneelingbar
9.	Right & left	Ogoshi--front kneelingbar
10.	Right & left	Osoto gari--kneeling neckbreak
11.	Side headlock	Side thunderbolt--legscrew 
12.	Full nelson	Maki komi harai--ude gatame
13.	Right & left	Yoko wakare--straddle neckbreak
14.	Right blow,	Kata gatame--osoto gari--juji gatame--

	block	keylock
15.	Rear hand choke	Winglock--ippon seoi--hair-hammerlock
16.	Right & left	Lightning throw--sutemi strangle
17.	Front choke	Sashi ashi--lobster choke
18.	Right & left	Uki otoshi--smother gatame
19.	Boxer's left	Tackle ouchi gari--boston crab
20.	Rear hug (free)	Leg pull--ashi kubi hishigi
21.	Right & left	Front thunderbolt--ashi hishigi
22.	Boxer's left	Scissor rollup--leglock
23.	Front choke	Tsurikomi goshi--crossbody armbar
24.	Front choke	Tomoe nage--ohten gatame
25.	Right & left	Sumea geashi--straddle hadake

Nage No Kata	
Technique	Attack
Ogoshi	Right & left
Ippon seoi	Club blow
Sode tsurikomi goshi	Front choke
Okuri harai	Front hug (pinned)
Uchi mata	Right & left
Harai goshi	Front choke 🇲🇵
Utsuri goshi	Right & left
Maki komi harai	Full nelson
Hane goshi	Front hug (pinned)
Uki otoshi	Rear strangle 🇲🇵
Drop sashi ashi	Front choke
Tomoe nage	Front choke
Ushiro goshi	Side headlock
Lapel guruma	Right & left
Yoko guruma	Side headlock
Arm guruma	Club blow, juji uke
Kata guruma	Right blow, block
Kane sute	Straight lapel